

Capt. David Carl, commander, Troop C, 3-4th Cav., Regt. “Raiders,” 3rd BCT, 25th ID, repels into KTA to begin Pathfinder operations, Nov. 9.

3-4th Cav. ‘Raiders’ integrate Pathfinder ops at KTA

Story and photos by
SPC. PATRICK KIRBY
3rd Brigade Combat Team
25th Infantry Division

KAHUKU TRAINING AREA — Soldiers from Comanche Troop, 3rd Squadron, 4th Cavalry Regiment, “Raiders,” 3rd Brigade Combat Team, 25th Infantry Division, recently began integrating Pathfinder operations into their training regimen during an exercise, here.

The Raiders’ main operations include long-range reconnaissance and surveillance through many means of insertion, including helocasts and repelling.

Now, with the addition of Pathfinder operations, they can better assist the 3rd BCT.

“I think our Pathfinder training went very well and was very educational,” said Spc. Jordan Fisher, infantryman, 1st Platoon, Troop C. “I feel like I am more prepared for if I go to Pathfinder in the future.”

The Soldiers began their training event with repelling into KTA from Wheeler Army Airfield.

“We got a lot of practice throughout the week on how to set up sling load, the proper link counts and all the steps to rig the loads up for flight,” Fisher said. “We also got a good class from Staff Sgt. Joseph Moore on how to properly hook up the

loads to all the different types of helicopters the U.S. Army has and how much each can carry.

“The training went smoothly because of the classes, Fisher said.

“We were also able to get some good practice on how to properly give hand and arm signals to the pilots,” he continued.

The class was focused mostly on the basics of being a Pathfinder, surveying and selecting a helicopter landing zone and preparing it for landing or dropping of equipment.

When it came to rigging the loads, getting them ready to be a sling load, everyone pitched in and did their share.

After the rigging was done, the birds lifted up and got in place for the sling team to do its work. One trooper guided the Chinook into place, while two others went underneath to attach the load. The troop is beginning to send more and more Soldiers to Pathfinder school, with hopes to make all teams have at least one or two Pathfinder qualified leaders.

Currently, the troop is sitting at 68 percent air assault qualified and are trying to get to reach the 80-90 percent range.

(Editor’s note: Kirby is an infantryman and unit public affairs representative with the 3-4th Cav. Regt.)



Staff Sgt. Joseph Moore (right), infantryman, Comanche Troop, 3-4th Cav. Regt., goes over the plan for the day of training at Kahuku Training Area, Nov. 9. Moore was one of the repel and sling load instructors.

599th Trans. warriors take pride in a fit brigade

Story and photos by
DONNA KLAPOKIS
599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — The Army has received some bad press in recent years for retaining overweight or out-of-shape Soldiers.

However, when officers and noncommissioned officers of the 599th Transportation Brigade headquarters took the Army Physical Fitness Test, Nov. 17-18, they knew they would not fall into that category.

“Everybody not only passed the test, but also did very well. We are all expected to keep a certain fitness level,” said Capt. Christopher Enyart, Headquarters and Headquarters Detachment commander, about the test, which is comprised of pushups, situps and a 2-mile run.

“We maintain our own fitness program at the 599th. We conduct some type of physical training five times a week,” said Sgt. 1st Class Juan Mendoza, logistics NCO in charge.

Sgt. 1st Class Mattie James, operations NCOIC, monitored the test both days.

“None of the people here are new to the

Army,” James said. “Everybody knows that they will have this test every six months. I just had to make sure they knew that the test was for the record, refreshed them on the rules for each exercise and ensured everyone knew where the turn-around point was on the run,” James said.

“Everyone had goals they’d set for themselves, and they all made it,” she added.

Soldiers encouraged one another to do well in all exercises and cheered each other in on the run.

“I think any time we go through something together, it heightens unit camaraderie. It brings us closer because we have a common bond,” said Enyart.

Most 599th Soldiers cited situps their least favorite exercise in the three-part test.

“My least favorite is the situps. If you don’t do it just right, or even if the person who is holding your feet down doesn’t hold them right, it will hurt you,” said Mendoza.

“It can hurt the run, too, if you use your hip flexors during the situps,” he added. s

However, 599th NCOs and officers differed



Col. James M. Smith, commander, 599th Trans. Bde., smokes the pushup event, a favorite among the brigade’s troops, as Sgt. 1st Class Juan Mendoza counts repetitions.

on which of the other two events was their favorite and why.

Sgt. Vincent Washington is the terminal operations NCO.

“My favorite and easiest exercise is the pushup. It doesn’t hurt. My running has changed over the years. I wasn’t as fast today as normal,” he said.

“My favorite is the run,” said Mendoza. “It is always a challenge. It is just you and the road, and the weather always affects your performance. Mentally you have to concentrate on the run and focus on your time, not let little aches and pains bother you.”

Although personnel keep in shape, they said they must incorporate the actual exercises on the test into their workouts 30 days before the test.

“A month out, you have to gear toward the specific exercises and get a game plan for the APFT,” said Enyart.

Enyart said he plans to keep in shape beyond the military.

“I plan to have a good program the rest of my life,” he said. “It’s easy to stop, but physical fitness has to become part of your lifestyle,” he said.

Mendoza agreed.

“It’s a lifestyle for me,” he said. “I plan to keep exercising until the day I die.”



Maj. Ronald Burnside, chief of current operations, weighs-in for the 599th’s APFT, Nov. 17.



Sgt. Amado Punto heads for the finish of the 2-mile run as Capt. Christopher Enyart (left) and Sgt. 1st Class Juan Mendoza monitor the test while offering encouragement.



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Police Call

Practice fire safety during holiday season

COL. DUANE R. MILLER
Director, Emergency Services
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

As we approach the holiday season, fire safety becomes an important topic due to the dangers of house fires during this time of year.

Christmas day and eve are the second and third leading days of the year, respectively, for cooking fires.

Each year, fire departments respond to an average of 210 structure fires caused by Christmas trees that result in numerous injuries and deaths.

Unattended cooking was by far the leading contributing factor in cooking fires and resulting injuries.



Miller

Faulty cooking equipment is another preventable cause of home structure fires.

Please follow these tips to ensure safe cooking during the holiday season:

- Stay in the kitchen when you are cooking on the stovetops.
- Stay in the home when you are using the oven.
- Keep children away from the stove.

- Keep the floor clean, so you don't trip over toys or other items.
- Ensure cooking equipment is in good condition.

POLICE BEAT ROLL-UP

The following incidents occurred Nov. 1-12.

Aliamanu Military Reservation

- 1 - Assault consummated by battery
- 1 - Duty upon striking
- 2 - Larceny of private property
- 1 - No driver's license
- 1 - Wrongful damage of private property

Fort Shafter

- 1 - Aggravated assault
- 1 - Simple assault
- 1 - Larceny of private property
- 1 - Traffic accident
- 1 - Wrongful damage of private property

Hawaii Armed Services Police (HASP)

- 1 - Abuse of a family or household member
- 1 - Criminal property damage
- 9 - Operating a vehicle under the influence of an intoxicant
- 2 - Robbery

Helemano Military Reservation

- 1 - Simple assault
- 1 - Domestic disturbance
- 1 - Wrongful damage of private property

Schofield Barracks

- 1 - Abuse of a family or household member
- 2 - Absent without leave
- 5 - Assault

Christmas tree fires cause more than \$17 million in damages annually. Electrical problems cause around 30 percent of the fires with nearly 40 percent of the fires occurring in the living room or den area of the home.

Decorating for the holiday season can be a fun family activity, but please follow these safety tips:

- If you have an artificial tree, be sure it is identified as fire retardant.
- Choose a live tree with fresh, green needles that do not fall off when touched.
- Ensure the tree is not blocking an exit.
- Use lights that have a label of an independent testing laboratory.
- Always turn off Christmas tree lights before leaving home or going to bed.

- 1 - Child abuse
- 3 - Damage to private property
- 4 - Domestic without assault
- 1 - Duty upon striking
- 1 - Failure to obey general order
- 1 - Juvenile misconduct
- 4 - Larceny of private property
- 1 - Larceny of government funds
- 1 - No driver's license
- 5 - Traffic accidents
- 1 - Unattended child
- 1 - Unlawful entry (dwelling)

Tripler Army Medical Center

- 1 - Larceny of government property
- 2 - Traffic accidents

Medic motorcycle mentors make safety ride

Story and photo by
CPL. ANGELIQUE JEFFERSON
Regional Health Command-Pacific

SCHOFIELD BARRACKS — Motorcycle mentorship rides are taking place throughout the Army, and Medical Command Soldiers, here, participated in such a ride, Nov. 19.

"Mentorship rides are a mandated requirement by the Army and are conducted by USAHC-SB, monthly," said Sgt. 1st Class Julio Lobato, noncommissioned officer in charge, Soldier Health Care Services, U.S. Army Health Clinic-Schofield Barracks. "But, if a Soldier comes to the mentorship ride and doesn't have the proper gear, they don't get to ride."

With 17 years of riding experience, Lobato enjoys training the clinic's Soldiers on the right and wrongs of motorcycle riding. He ensures they're complying with Army Regulation 385-10, the Army Safety Program.

The regulation requires checking each rider's gear to ensure he is wearing a helmet; long sleeves; long pants; full, above-the-ankle leather boots; a reflective jacket or vest for greater visibility for other motorists; and protective eyewear (if wearing a half-helmet) or a visor (if wearing a full helmet).

Before the mentorship ride, Lobato and fellow USAHC-SB mentor Sgt. Scott Vrooman, NCOIC, Physical Therapy Clinic, gave an hourlong class that covered the

basics, such as the route they would be riding, how to ride in staggered formation and proper hand signals. They also covered other topics, including how to ride in a single file formation when going through curves, or what to do if there was an obstruction in the road.

Lobato led the riders for 30 miles, while Vrooman followed as the rear road captain, to ensure everyone stayed together.

If a rider had a problem and needed to pull out of the formation, Vrooman ensured that the rider was okay

and would stay with him until he could rejoin the formation.

"Sgt. 1st Class Lobato and I also have a master log of all of the clinic's licensed riders who have motorcycles. We make sure their motorcycle license, registration, insurance and safety check are current," Vrooman said. "We also give them heads-up if something is getting ready to expire, so they can get that handled."

Lobato and Vrooman mentored proper riding habits and increased esprit de corps amongst the riders.



Soldier-motorcyclist mentors and mentees from USAHC-SB relax after their ride to Haleiwa, on the North Shore of Oahu, during a motorcycle safety mentorship ride, Nov. 19.

FOOTSTEPS in FAITH

Thankfulness improves our quality of life

CHAPLAIN (CAPT.) L. CLIFTON EDWARDS
303rd Explosive Ordnance Disposal Battalion
8th Military Police Brigade
8th Theater Sustainment Command

I recently took the Army's Comprehensive Soldier and Family Fitness Executive Course that includes a performance improvement class based on sports psychology.

I learned that athletes can improve their performance by up to 10 percent just by having the right mental attitude.

I was surprised to learn that one of the most powerful mental attitudes for improving athletic performance is gratitude. So, I can take the Army Physical Fitness Test and literally improve my score by up to 10 percent just by keeping grateful thoughts in my mind.

The instructor added that if athletes refuse to optimize their thinking in this way, then they are just leaving points on the table that they could've had.

I got to thinking, even more, about the power of thoughts while doing some reading on neuroscience. Neuroscientists used to believe that once the brain finished developing, no new brain cells were produced. Now they know that the brain can add new cells and new connections between cells called neuropathways.

But this adding of new cells and new neuropathways



Edwards

depends on how we think, whether we have healthy or toxic thinking patterns. Of course, toxic thinking produces unhealthy actions, but researchers have been successful in changing toxic thinking patterns through disciplined thinking exercises that train the mind to focus on things that are more positive.

The bottom line is that we have a lot of control over how our brain and body functions just by having the right attitudes toward ourselves, others and life in general.

Back to the idea of gratitude: Once I realized how much control I have over my brain and body, I knew I needed to work more on cultivating an attitude of gratitude.

The German pastor and theologian, Dietrich Bonhoeffer, wrote from a Nazi prison, "In normal life we hardly realize how much more we receive than we give, and life cannot be rich without such gratitude."

It's an important discipline in life to learn to enjoy all the little things, and reading, writing and disciplined thinking are important ways to practice that

discipline.

Cultivating gratitude

I know some military families don't like living in Hawaii, because they feel too confined or too far from family. However, I saw a hat the other day that read, "Lucky we live Hawaii."

I do feel lucky to live in Hawaii when I can drive to a beautiful North Shore beach only 20 minutes from my house, or even at Schofield, where I can look up at the mountains and enjoy the view.

The color of the water, the greenness of the mountains, the ocean breeze, the palm trees and the beauty of this place where I get to live always amazes me.

At an even more basic level, I often feel most grateful when I wake up in the morning and I'm still half asleep. I pause to feel my heart beating and my breath going in and out. I flex all my muscles, and I think how grateful I am that all my limbs work properly. I can run, walk, jump, you name it.

I also remember to be grateful that my mind is working so that I can think about the world and about life.

As the writer of the Psalms said, *"I am fearfully and wonderfully made."*

Indeed, I am wealthy beyond measure, and I have so much to be thankful for.

Voices of O'hana

In recognition of Wounded Warrior Month,
“Why is it important to care for our wounded Soldiers?”
By 25th Combat Aviation Brigade, 25th Infantry Division



"Wounded warriors are a part of our family. Family should take care of their own."

Spc. Jeffrey Bryant, HHC 25th CAB



"They have given enough for this country and all of us wearing a uniform. It is time for them to get something in return."

Spc. Evans, Zachary, Black Hawk repairer 3-25th Avn. Regt. 25th CAB



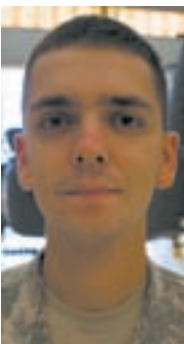
"These individuals are our brothers and sisters. We need to let them know they're not alone."

Spc. Steve Johnson, Fire support specialist HHC, 25th CAB



"Because they have sacrificed themselves for our freedom and got hurt taking care of us. Now we should take care of them."

Sgt. Tammy Mendez, Helicopter repairer 3-25th Avn. Regt., 25th CAB



"They experienced pain and loss a lot of us may never know. They are still our family."

Spc. Kyle Roybal, Helicopter repairer, 3-25th Avn. Regt., 25th CAB

3-7th FA ‘Never Broken’ certifies on howitzers

Story and photo by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Certifying M777 howitzers, a semiannual requirement, demonstrates that the guns can operate successfully.

Battery C, 3rd Battalion, 7th Field Artillery Regiment, “Never Broken,” 3rd Brigade Combat Team, 25th Infantry Division, certified its howitzers on Area X-Ray, Nov. 17.

“The certification gives us an external look at the weapons systems to make sure we are meeting the standards,” said Capt. Todd Willis, commander, Btry. C.

To be fully certified, the battery had to put each of its three weapons systems through Table VI and XII certification.

For Table VI, teams had to successfully conduct several fire missions. Each mission had a different amount of rounds that needed to be fired.

During the certification, each section received an out-of-traverse fire mission, which required the team to completely readjust the howitzer’s position, demonstrating the section’s ability to complete the task.

Once each weapon was certified in Table VI, the battery moved on to Table XII where all three guns received the same fire mission.

Table XII is designed to make sure the platoon can maintain an increased rate of fire by having all three guns work together.

“Having all three guns working together is necessary in case a fire mission calls for a rate of fire outside of what one howitzer can fire,” said 1st Lt. Nicholas Zockoll, platoon leader, 2nd Platoon, Btry. C, adding that with the guns being certified in Table XII, it gave all three teams the ability to fire at the same target simultaneously.

Another reason for the certification is to see how well the team is able to function.

“The certification gives us the chance to see how each Soldier works on the team, which allows us to be able to shift Soldiers to make the team more efficient,” Zockoll said.

If just one person is unable to complete his job on the team, it can mess up the mission and keep the team from certifying, according to the platoon leader.

When the sun set for the day, each gun was successfully certified to fire individually as well as together, making them fully ready should they be called into action.

“Being certified allows us to be ready to back up first platoon during their Contingency Response Force mission if they have a gun go down,” Willis said.



Soldiers assigned to Charlie Btry., 3-7th FA, 3rd BCT, 25th ID, load a 155 milimeter round into an M777 howitzer during a live-fire certification at Area X-Ray, Nov. 17.



From left, Spc. Christina Williams, Spc. Francisco Martinez and Sgt. 1st Class Gerardo A. Lopez ensure systems connectivity during the AMDPCS exercise at HMR, Nov. 9.

94th exercises AMDPCS

Story and photo by
SGT. KIMBERLY MENZIES
94th Army Air and Missile Defense Command
Public Affairs

HELEMANO MILITARY RESERVATION — Soldiers with the 94th Army Air and Missile Defense Command conducted an air and missile defense planning control system training exercise, Nov. 2-13.

The air and missile defense planning control systems (AMDPCS) facilitate the gathering of air defense feeds from alternate locations, consolidating the information in a tactical operation center for a commander and his staff to have visual and informational situational awareness in order to make informed operational decisions.

The most recent exercise incorporated the same system used by the unit when it conducted training and tested future software in July.

However, the current exercise included representatives from the entire staff.

“This exercise was bigger because last time it was mainly two sections conducting specialized training,” said Spc. Christina Williams, information technology specialist, 94th AAMDC. “During this exercise, representatives from each of the sections participated.”

The main function of the exercise – Soldier and unit readiness – remained the same.

“The intent of this exercise was to build an expeditionary capability with the AMDPCS equipment,” said Capt. Nathan Pototschnik, officer in charge of the exercise. “It could potentially serve two purposes: tactical, if we were to deploy and set the system up somewhere because we didn’t have hardened facilities to fall in on, or contingency, in the event that a natural disaster happened and we needed to set up our systems on the island.”

The exercise included training objectives, such as the physical setup of the system, validation of the mission command system, ex-

planation of air defenders’ functions and resources to senior leaders from sister services and proof of systems validation.

“One of the original training objectives was to host distinguished visitors from other services to allow them to see what air defenders do and what tools we have,” Pototschnik said. “Since they were unable to attend, we ended up briefing our leadership, many of which had not been in this system when fully set up.

“To complete the final training objective, we proved that the systems were validated by providing our commanding general a mission analysis brief on an upcoming exercise from all of our staff positions on the Defense Connect System,” he said.

Like many exercises prior to their conclusion, this training iteration was not without some challenges.

“While setting up the exercise, several computers were found to need additional items installed or updated on them and that is very time consuming,” shared Williams.

“We ran into an issue where the joint network node at Camp Roberts that we were bouncing our satellite requests to was not receiving our request even though things were functioning correctly on our end,” said Pototschnik.

The Sea Dragons overcame the challenges during the AMDPCS training exercise and completed their training objectives with diligence and teamwork.

“There was an all hands on deck type of approach to this exercise,” said Pototschnik. “All the directorates sent out their people, which was huge to getting the system actually set up, and then the signal and communication section had been out at the site working some pretty long hours to ensure that we didn’t fall on our faces out here.

“Definitely kudos to them and the AMDPCS team for the work they put in,” he said.

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KISHA A. TAYLOR
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The annuity interest rate index is 2.125 percent in Nov. 2015.



Photo by Ron Williford, Army Press

The Army Press at Fort Leavenworth, Kansas, proudly displays the new awning signifying its recent opening. The Army Press is a consolidation of Military Review and the Combat Studies Institute, and it’s one of the three directorates that fall under the Army University Provost.

Writing a must for promotion

MAJ. STEVEN MILLER
Army News Service

FORT LEAVENWORTH, Kansas — As the Army’s drawdown continues, promotion rates will likely remain unstable and separation boards and Qualitative Service Program Boards will continue for the near future.

So, when competing for promotion, Soldiers of all ranks benefit from opportunities to distinguish themselves from their peers.

The newly formed Army Press provides one of those opportunities.

The Army Press is one of three directorates of the Army University and operates under the office of the University Provost. The Press gives Soldiers and civilians several publication options for their writing.

“Most Soldiers who are competitive for promotion shoot expert with their weapon, wear the Army Physical Fitness Test badge and perform several additional duties exceptionally well. Writing for an established publication is a great way to stand out on a noncommissioned officer evaluation report and in a promotion board,” said Command Sgt. Maj. Micheal Clowser, Army University.

The Army Press is a point of entry to several publication outlets. Article-length submissions can be considered for publication in “Military Review,” the “NCO Journal,” the Army Press Online, the 11 centers of excellence journals, Department of Defense journals and even some commercial magazines. Book-length submissions can be considered for publication under the Combat Studies Institute Press or Army Press imprints.

“Every submission will be read and considered for publication based on its contribution to topics relevant to the Army and the quality of the writing,” said Col. Anna Friederich-Maggard, director, Army Press. “Writing is one of the most important things we can do across the force to preserve our history, and the Army Press is here to facilitate.”

Recent changes to the Army’s NCO professional development system put a higher priority on writing. Fort Hood and Fort Bragg are two installations where Soldiers’ writing is being evaluated at NCO Education

System schools. Soldiers are expected to demonstrate improved writing skills as they move up in rank.

Army Press editors can help to mentor and encourage potential authors who need assistance with getting started or with publishing an existing work. Press editors also assist writers whose submissions are selected, but still need revisions to ensure they are the best they can be prior to publication.

“One of the goals of the Army Press is to encourage Soldiers and civilians to write or become better writers and published authors,” said Amanda Hemmingsen, editor for the Army Press. “We do that by working directly with the authors to improve their work and offer recommendations.”

The Army Press editorial board will review all submissions, and those selected will go through another review to determine the best publication platform. However, authors can recommend or request publication in specific outlets like the “NCO Journal,” the Army Press Online or the centers of excellence journals. Submissions chosen for print publications will go through additional editorial reviews in preparation for final publication.

Submissions chosen for the Army Press website and online forum are edited and made available online. Those not selected are returned to the author with recommended revisions and offered the opportunity to work with a press editor and resubmit at another time.

Authors submitting book-size manuscripts are guided through the editorial and publishing processes by a staff comprised of writers, editors, researchers and historians who can assist with almost any request. “Whether it’s a book or article that a writer is interested in publishing, the Army Press has the bases covered, and the benefits are enormous,” said Friederich.

Clowser explained that Soldiers whose submissions are selected for publication will benefit in several ways.

“They can improve their existing writing skills by working with a professional editor and by reading the Army Press publications and the online forum to see what good writing looks like,” he said.

Video Review

To learn more about compound earnings, watch the video “**How Can Compound Earnings Work for Me?**” at youtube.com/tsp4gov.



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18th MEDCOM (DS) hosts Oahu Intertribal Council

Council gathers for Native American Indian Heritage observance

Story and photo by
PFC. BRYAN FAISON
18th Medical Command (Deployment Support)

FORT SHAFTER FLATS — In observance of National Native American Indian Heritage Month, 18th Medical Command (Deployment Support) welcomed members of the Oahu Intertribal Council to a powwow at the 9th Mission Support Command’s assembly hall, here, Nov. 13.

“This month, we recognize the contributions made by Native Americans since long before our founding, and we resolve to continue the work of strengthening government-to-government ties with tribal nations and expanding possibility for all,” said Sgt. Jennifer Bach, motor sergeant, 18th MEDCOM, reading a presidential proclamation.

Bach is a descendant of the Eastern Band of the Cherokee Nation.

The Oahu Intertribal Council is a nonprofit

organization, incorporated in Honolulu on July 29, 2013, for the sole purpose of charity and education. Its brief history can be traced back to the early 1970s when a small group of Native American women recognized the need for a gathering place where Native American military service men stationed on Oahu could come together and connect to their native heritage.

Keynote speaker, Loa Simoes, of the Sac and Fox Bear Clan and president of the Oahu Intertribal Council, is herself a proud mother of an Airman.

After an introduction from Bach, Simoes helped educate the audience on efforts to preserve native pride and spirit.

Simoes said, “The spirit of native people is a way of life, as we believe all things are infused with spirit ... It is our spirit, perseverance and determination that keeps us together and united in all things.”

With an ever-changing political climate and constant challenges to treaty obligations through judicial litigation, the pride and spirit of America’s native people have been tested and continues to evolve through native activists, said Simoes.

“Our young people take their newfound voice

in music, art, dance and social media to identify and connect with their ancestral roots and allow it to showcase their talents and beliefs about a better tomorrow,” Simoes said.

The powwow highlighted local talent and connected attendees to the native spirit that resides on the island of Oahu.

To further foster that connection, members of the council invited attendees to participate in a traditional round dance, where everyone interlocked hands and shuffled to the left while bending at the knee, in a circle, in rhythm with the beat

Powwow

A powwow is defined as a gathering of Native Americans, where members of varying nations meet to communicate and preserve native customs through song, dance and traditional activities.

More Online

Learn more about American Indians in the U.S. Army at www.army.mil/AmericanIndians.



of the drum.

The dance symbolized the equality of all in the circle while fostering community and renewing relationships. It was a celebration of Native American customs and identity.



Malia Mahi, a Taino from Puerto Rico, performs a traditional jingle dress dance, Nov. 13.
(Photo altered to remove background elements.)

Woman veterans gather at TAMC for first conference

VETERANS AFFAIRS
Pacific Islands Health Care System

HONOLULU — More than 170 women veterans from across the state gathered at Tripler Army Medical Center, here, for the first Hawaii Women Veterans Conference, Nov. 14.

Co-sponsored by the Hawaii Office of Veterans Services, Veterans Affairs Pacific Islands Health Care System, and TAMC, the conference was organized by a committee of women veterans.

“The conference is the beginning of a conversation and networking effort to reach out to Hawaii’s women veterans,” said Ann Greenlee, state director, Hawaii & Guam Veterans’ Employment & Training Service.

“Our goals are to provide information and assistance on VA health services, starting your own business, succeeding in the civilian business world, financial planning and veteran benefits both from the VA and community service providers,” she added.

“We want Hawaii’s women veterans to know about the benefits they have earned and to also understand that there is a network available to

assist where and when needed,” Greenlee continued.

A highlight of the conference was a proclamation from Gov. David Ige making Nov. 14 Hawaii Women Veterans Day.

Sen. Mazie Hirono and a representative for Honolulu Mayor Kirk Caldwell also provided opening comments, and Rep. Tulsie Gabbard, a Hawaii Army National Guard combat veteran, was the keynote speaker.

Participants enjoyed lunch provided by VA

VA Pacific Islands Health Care System

Nationwide, women veterans number approximately 2.02 million. In Hawaii, there are more than 14,000 women veterans; however, only 4, 300 access their benefits and health care through VAPIHCS.

For information on Women’s Health Care, call 855-VAWOMEN (855-829-6636) or visit www.womenshealth.va.gov/.



Pacific Islands Health Care as they checked out more than 50 exhibits featuring information and resources specifically for women veterans.

Also, mammograms, flu shots and yoga were available in the morning before the afternoon workshops at TAMC.



Photo by Tripler Army Medical Center

Participants visit one of more than 50 exhibits with information and resources specifically for women veterans at the first Hawaii Women Veterans Conference, Nov. 14.

What does a sexual offender look, sound, act like?

MASTER SGT. SARA GEORGE
Sexual Harassment and Assault Prevention
U.S. Army-Hawaii

What does a sexual offender look like?
That’s a question we all would like to have the answer to, but the truth is a sexual offender looks like you and me.
I know that last statement is hard to swallow, but it’s true.
Do you think that if there was an actual face we could be looking for when talking about sexual offenders that we would associate ourselves, or our children, with him?
I ask this question because there’s not a definitive face you can associate with a sexual offender.

What does a sexual offender look like?
A sexual offender is your average Joe and looks and acts just like everyone else. In more than 90 percent of all sexual assault incidents, the offender is someone the victim knows. This could mean the offender is a family member, a friend or an associate, but it’s usually someone the victim trusts. Sexual offenders are often the people in a community that others look up to.

How do sexual offenders choose victims?
This is the same in our Army communities. Sexual offenders know that if they are remarkable

at all facets of their profession and are known around their communities as a great person, it’ll be that much harder to convince others or a jury



that he/she is truly ill or evil enough to commit such a terrible act.
This is another reason why sexual offenders normally target a specific group of individuals as their victims. Sexual offenders know that if they choose a victim who is a person of ill repute in his community or hasn’t established himself,

it’ll be that much easier to convince everyone that they would never do such a thing.
Sexual offenders may say a victim is lying, or

Sexual offenders are depending on you to take their side so that they can get away with their crime. The real sad story is that most of society does take the side of the offender because they want to believe he would never do such a thing because they know him and how great of a person he is.

Take a Stand!
We, as a community, need to be smarter than sexual offenders, and we need to know that they are playing off the perceived truths we’ve made of them through time, but really, they are the absolute best at manipulating people into believing what they want them to think.
So, remember, you may be being manipulated, and sometimes our truths of others are really just the truths of the first person they want you to see and recognize every day.

Courage and strength
It takes the courage and strength of a warrior to report a sexual assault.
It takes a true leader to put aside his biases and ensure that victims of sexual assault receive help immediately.
(Note: George is the noncommissioned officer in charge of U.S. Army-Hawaii SHARP. The use of the pronoun “he” in this article isn’t intended to specify an offender’s gender.)

Help 24/7
To reach credentialed personnel who can provide immediate assistance, call the USARHAW SHARP 24-hour hotline at (808) 655-9474, or visit the SHARP Resource Center, Bldg. 692, 3585 McCornack Road, Schofield Barracks.
To reach the DOD Safe Helpline, call toll free to (877) 995-5247.



Today
Soldiers & Mortgages — Service members and veterans applying for most mortgages now face less stress when shopping for their loan since new government rules and forms took effect, Oct. 3.
The Consumer Financial Protection Bureau made these changes to ease the process of taking out a mortgage and to help warriors save money.
In addition to making it easier to understand these forms,

the “Know Before You Owe” mortgage disclosure rule applies:
•Combines four overlapping disclosure forms into two forms, the loan estimate and the closing disclosure.
•Allows you time to review your closing disclosure to ensure you fully understand terms and obligations.
Visit consumerfinance.gov/know-before-you-owe.

Voting Registration — Are you registered in your home state? Call the Installation Voting Assistance Officer at 655-5546 to register or visit www.fvap.gov.

27 / Friday
Gift Wrapping — Family readiness groups authorized to operate on the installation may register to participate in annual holiday gift wrapping fundraisers at the Schofield Ex-

change. Send a request to us.army.wheeler.imcom-pacific.mbx.fundraising@mai.lmil.
Fundraising dates are Nov. 27-Dec. 24, from 9 a.m.-8 p.m., daily and Saturday, and Sundays, 10 a.m.-6 p.m. Call 656-0102.

December
7 / Monday
Pearl Harbor Day — The Pearl Harbor Memorial Committee will conduct its annual Pearl Harbor Day parade and opening ceremony, 5 p.m., commemorating the anniversary of the Pearl Harbor Attack to honor its survivors, veterans of all wars, active duty military members and their families.
The parade route will be from

historic Fort DeRussy, through the scenic streets of Waikiki, to Kapiolani Park at the foot of Diamond Head Crater.

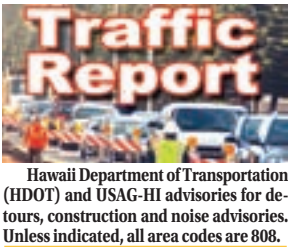
Remembrance — The National Park Service and the Navy host Pearl Harbor Remembrance Day, overlooking the USS Arizona Memorial. More than 3,000 guests, including Pearl Harbor survivors and World War II veterans, will attend the ceremony.
A moment of silence will be observed at 7:55 a.m., the exact moment the Japanese attack on Pearl Harbor began.
The guided missile destroyer USS Preble (DDG 88) will render pass in review honors to the USS Arizona and all Pearl Harbor survivors. A missing man flyover will be conducted.
Visit www.pearlharborevents.com.

15 / Tuesday
Last Day for CFC — The Combined Federal Campaign for the Hawaii-Pacific region was extended. To pledge, see your unit representative or donate online at www.cfc-hawaii.org/.

January
1 / Friday
Tobacco & E-Cigarettes — As of today, the purchase and possession of tobacco products, including electronic smoking devices, will be illegal to those under the age of 21. The Department of Health Tobacco Prevention and Education Program will be creating temporary signage, informational packets and presentations for dissemination.

Also starting on Jan. 1, e-cigarettes (and any electronic smoking devices) will be banned wherever smoking is currently prohibited by state law.

Ongoing
Judging — The Hawaii State Department of Education is seeking judges for an upcoming science and engineering fair, Feb. 13, 2016, for students in grades 6-12. This is a great opportunity to participate in an event that helps local schools and showcases the Army’s expertise in a variety of different career fields.
Interested? Qualified Soldiers must fill out the registration form and send to sparkcubed@gmail.com.



Today
Hark! — Noise from demolitions and artillery may be heard by surrounding communities. The training continues into December, ending on Dec. 7.
Weather can increase noise and vibrations. To report concerns related to noise or training, call 656-3487 or email us aghi.comrel@gmail.com.

Crater Rim Loop — A partial road closure at Aliamanu Military Reservation along Crater Rim Loop for new utility pole and underground utility installation began Wednesday. The westbound lane will be closed for underground utility work 7 a.m.-3:30 p.m., excluding holidays, until Dec. 31.

28 / Saturday
Phase III Flow — Traffic will be restricted access on Schofield’s Trimble Road until Jan.15, 2016, for the third phase of a project for utility installation and curb/sidewalk upgrade. Traffic control will coordinate traffic.

30 / Monday
Carpenter Street — There will be a road closure at Schofield’s Carpenter Street, weekdays (except Wednesday), 8:45 a.m.-1:45 p.m., until Dec. 7.

Full Closure — A full road closure on Schofield’s Waianae Avenue (South Corridor) between Generals Loop and Jecelin Street will take place, weekdays, 8 a.m.-3:30 p.m., until Christmas. During this clo-

sure, Waianae Avenue (North) between Generals Loop and Jecelin Street will be designated for two-way traffic.
During nonworking hours, weekends and holidays, a right lane closure will take effect on Waianae Ave (South Corridor) between Generals Loop and Charlton Street, Monday through Thursday, 3:30 p.m.-8 a.m., and weekends, beginning Friday evenings, at 3:30 p.m. and ending Monday morning at 8 a.m.
Waianae Avenue traffic patterns will not be altered during this lane closure. Traffic control will alternate between the full road closure and right lane closure until Dec. 25.

December
1 / Tuesday
Rate Increase — For the first time in more than four years, HDOT Airports Division is increasing public parking rates at six of its airports. The new rates will take today. The daily maximum rate at five Hawaii airports will increase by \$3. See the “Traffic Report” at www.HawaiiArmyWeekly.com for specifics.
Call 861-1260 or visit <http://hawaii.gov/hnl/airport-parking/parking-rates>.
Puakika — The westbound lane of Aliamanu Military Reservation’s Puakika Street will be closed from today through Dec. 11.

Ongoing
Wilson Road — There will be intermittent road closures, 7 a.m. to 5:30 p.m., at Fort Shafter’s Wilson Road, near Bldg. 420, the Post Office and

the intersection at Montgomery Drive, until Dec. 20.
Traffic on Warner Road headed towards the PX will be detoured onto Pierce Street between Bldgs. 435 and 438, and from the PX headed toward Warner Road.
Traffic will be detoured onto Montgomery Drive. Traffic on Montgomery Drive headed towards the PX parking lot will not be affected.
Long Construction — A partial, modified traffic flow and road closure near Schofield’s Nehelani for utility installation continues. The area near the loading docks and the parking lot between Bldgs. 2060, 2070 and 2071 are restricted though Dec. 28.
The work will be performed in phases. Parking is limited during closure.

Leilehua Closure — Schofield’s Leilehua Avenue will be closed in phases in order to reconstruct the road.
•Phase 2 between Kline/Gordon Lane and Stoneman Field Road will be Nov. 30 to Dec. 4. There will be no access to the parking at Bldg. 645, Family and Child Care and the Garrison Sports Office.
•Phase 3 between McCornack and the Stoneman Field Road will be Dec. 7-11.
•Phase 1 through 3 closures will be 24 hours a day, seven days a week. The lanes between Leilehua and Waianae Avenue that fall within the closed portions of Leilehua will be made two-way for residents only. On these lanes, there will be no parking in the Leilehua bound side of the road and no parking within 100 feet from Leilehua Avenue. The 100 feet no parking area will be used for cars to turn around.
•Top lift paving and striping will be performed 8 a.m.-4:30 p.m., Dec. 14-17.

IRS offers awareness campaign ‘Taxes. Security. Together.’

INTERNAL REVENUE SERVICE
News Release

WASHINGTON — The Internal Revenue Service, state tax administrators and the private-sector tax industry have announced a new campaign aimed at encouraging more people to protect their personal and financial data online and at home.

The “Taxes. Security. Together.” campaign is designed to raise public awareness that even routine actions on the Internet and their personal devices can affect the safety of their financial and tax data.

The education campaign will complement the expanded series of protections the IRS, states and tax industry are putting in place for the start of the 2016 filing season to address tax-related identity theft. (Visit www.irs.gov/uac/Newsroom/Identity-Theft-Tax-Tips-Available-Special-Series-to-Help-Taxpayers-Available-Through-January.)

“Identity thieves are evolving, and so must we. Everyone has a part to play,” said IRS Commissioner John Koskinen. “The IRS, the states and the tax industry are putting in place

even tougher safeguards for 2016. But, we need the public’s help.

“We need people to join with us and take an active role in protecting their personal and financial data from thieves,” he said.

The campaign, which will continue through the April 2016 tax deadline, was announced at an event hosted by the Federation of Tax Administrators, comprised of state revenue departments across the nation. The effort is part of the Security Summit, a collaborative effort started in March between the states, the IRS and the tax industry.

The joint consumer campaign includes several components, including YouTube videos, consumer-friendly Tax Tips each week and local events across the country.

Several IRS publications have been added or updated to help taxpayers and tax professionals. The information will also be shared across IRS.gov, state websites and platforms used by the tax software community and others in the tax community.

“The governments and industry are taking new steps to protect taxpayers. To build on this even further, we are joining forces to share important information across our websites – whether it’s at the state level, in the tax industry or at the IRS. This is an unprecedented collaborative effort for tax administration,” said David Sullivan, tax administrator for the Rhode Island Division of Taxation and immediate past president of the Federation of Tax Administrators.

It is clear that increasingly sophisticated identity thieves have access to excessive amounts of personal and financial data, which they buy and sell on the black market, and use this data to file fraudulent tax returns using victims’ names and

Their emails may ask you to update a bank account or tax software account and provide a link to a fake website that is designed solely to steal your logon information. They may call posing as the IRS threatening you with jail or lawsuits unless you make an immediate payment. They may provide an attachment, which, if you download, will infect your machine and enable the thief to access sensitive files or track your key strokes.

•**Protect personal information.** Do not routinely carry your Social Security number. Properly dispose of old tax returns and other sensitive documents by shredding before trashing. Check your credit reports and Social Security Administration accounts at least annually to ensure no one is using your good credit or using your SSN for employment.



Photo courtesy of the Federal Bureau of Investigation

Protect yourself from identity theft and cyber scams.

Social Security numbers.

While the IRS, states and tax industry are taking new steps to toughen their systems to protect taxpayers, there are also things people can do, as well.

“People handle some of their most sensitive personal and financial information when they prepare their taxes on their home computer. But when they sit down, we want to help make sure they are preparing their taxes on a device that is secure. Tax time is two months away, but it’s not too early for people to make sure they are doing the right things to protect themselves,” said Bernie McKay, an executive vice president at Intuit, one of more than 20 members of the tax industry participating in the Summit process.

Oversharing on social media also gives identity thieves even more personal details.

“These are all basic, common sense steps that you no doubt have heard many times if you are a regular Internet user, but there are 150 million households that file taxes, and problems still happen,” Koskinen said.

“Security software still gets turned off. And there are still, on a regular basis, victims who are tricked by these clever phishing schemes. Not only can this harm the individuals attacked, this can have a direct impact on tax administration,” he said

In March, Koskinen convened an unprecedented meeting of IRS, state tax officials and the tax industry to determine what additional steps could be taken. On Oct. 20, the Security Summit participants provided an update to the public.

For the 2016 filing season, there will be new standards for logging onto all tax software products, such as minimum password requirements, new security questions and standard lockout features. The software industry will provide more than 20 additional data elements from the tax return submission to the IRS and, in turn, to the states to help identify fraudulent returns.

All parties agreed to information sharing on a weekly basis to help quickly identify and adjust to new and emerging tax-related fraud schemes.

The IRS also continues to work to help victims of identity theft and pursue criminals using identity information to file fraudulent tax returns.

IRS Criminal Investigation has worked on thousands of identity theft cases. Since 2013, nearly 2,000 identity thieves have been convicted, with the average sentence running well over three years.

(Editor’s note: As tax season approaches, find tips in future issues of the “Hawaii Army Weekly.”)

Security Awareness

IRS Publication 4524, Security Awareness for Taxpayers, provides a brief overview of steps people can take. The partners are asking all tax preparers and businesses to share information with employees, clients and customers. See www.irs.gov/taxessecuritytogether.



How to Protect Yourself

The IRS, tax industry and states are urging the public to take active steps to protect themselves. The partners are encouraging people to follow these guidelines:

•**Use security software to protect computers.** This includes a firewall and antivirus protection. If tax returns or sensitive data are stored on computers, encrypt the files. Use strong passwords.

•**Beware of phishing emails and phone scams.** A common way for identity thieves to steal names and Social Security numbers, passwords, credit card numbers and bank account information is to simply ask for it. Clever criminals pose as trusted organizations that you recognize and send spam emails, calls or texts.



Staff Sgt. Patrick Nunnery, Bravo Company cadre, fends off a Marine Defender during the Army vs. Marines water polo game on Nov. 12th. Army swept all three games, but both units fought hard.

Warrior Care Month highlights WTB Soldier strength

Story and photos by
1ST LT. AUBREY BOSWELL
Warrior Transition Battalion Public Affairs
SCHOFIELD BARRACKS — Over the past month, Warrior Transition Battalion-Hawaii has hosted numerous events and functions in support of Warrior Care Month. Sports played a significant role. Soldiers showed their strength through a multitude of



Spc. Katrina Easley bows her head in prayer during the WTB-H's Prayer Breakfast, Nov. 18, to celebrate spiritual strength and resiliency.

sporting events during the week. Most sports here at WTB-H are part of the Adaptive Reconditioning Program (ARP). These sports are adapted to allow those with physical injuries to participate.

WTB-H hosted an inter-battalion seated volleyball tournament on Nov. 10. Teams of WTB-H Soldiers, cadre and staff battled against each other during the friendly competition.

Later that week, WTB-H followed up with a water polo tournament against the Marines in transition team. This was a great event that fostered inter-service relations and a healthy competition between Team Army (WTB-H) and Team Marines.

"It's a great experience interacting with our sister service, the Marines," remarked Bravo Company executive officer 1st Lt. Ryan Sutherland. "We've been practicing for the past few weeks, and everyone is really excited for the tournament."

Army swept the Marines, winning all three games, though the Marines put up a valiant fight, almost upsetting Army in the last match. Both teams enjoyed the competition so much that Team Army will travel to Marine Corps Base Hawaii, Kaneohe Bay, next quarter for another competition.

Crafting initiative

Nov. 9, WTB-H hosted its bimonthly craft group sponsored by Help Hospitalized Veterans. During the event, Soldiers were able to select crafts to complete and display their creative abilities.

"I look forward to this event," said 1st Lt. Aaron Unpingco, a Soldier in transition. "It is a great way to decompress. I have something I made as a result."

The craft group works in conjunction with the Occupational Therapy department, here at WTB-H, focusing on an additional means of reconditioning.

Spiritual component

WTB-H kicked off week three by focusing on spiritual strength. The battalion chaplain, Capt. Ryan McKinnon, spoke on strength, fo-



1st Lt. Aaron Unpingco, Alpha Company Soldier in transition, selects a craft to complete during the Helping Hospitalized Veterans Craft Group, recently. HHV receives donations for the crafts, and Soldiers have an opportunity to receive a pen pal in the process.

cusing on Psalm 91, while retired chaplain Leo Jamaia, a Military Family Life counselor, spoke on not forsaking duty and reminding Soldiers to weary not.

Soldiers and cadre then enjoyed breakfast together.

The rest of the week, Soldiers showed their strength through reintegration. WTB-H hosted a resume writing class and a Transition Expo, where colleges, including Central Texas, Hawaii Pacific, Weyland Baptist, Central Michigan, Argosy and Chaminade, in addition

to numerous agencies such as Operation Warfighter, the Wounded Warrior Project, and Vocational Rehabilitation, to name a few, provided Soldiers with information and resources for transition.

Soldiers were also presented with cards from a local troop, American Heritage Troop Hawaii #0001, in support of Veterans Day. The Soldiers were excited to receive the cards from the girls during their visit to WTB-H.

"It was sweet that they thought about us (the Soldiers)," remarked Staff Sgt. Diana Norris, a Soldier in transition in Alpha Company. "It was a nice surprise for them to come and present them to us."

WTB-H wrapped up its Warrior Care Month activities on Nov. 24 with its "Day in the Life of a WTB Soldier" interactive open house, where guests participated in an abbreviated day of a new WTB Soldier.



Sgt. 1st Class Joey Sabey, Bravo Company Soldier in transition, returns a volley during an inter-Army seated volleyball tournament, Nov. 10, at Martinez Gym.



Theodene Allen (right) discusses college options with Leslie Mitchell, graduate coordinator from Hawaii Pacific University during the Transition Expo, Nov. 20, at WTB-H.



Briefs

Today

Hawaiian Lunch Buffet — Enjoy a traditional Hawaiian luau lunch buffet every last Friday of each month from 11 a.m.-1 p.m. at FS Hale Ikena for \$14.95 per person. Large parties are welcome. For reservations, call 438-1974.

29 / Sunday

Sunday Brunch at FS Hale Ikena — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes with flavors infused from the Pacific Rim, Asia and Hawaii Nouveau, 10 a.m.-1 p.m. Groups and large parties welcome. Reservations are recommended. Adult fee is \$24.95 with children’s prices available. Call 438-1974.

SB Kolekole Bar & Grill

Weekend restaurant services now offered, 11 a.m.-6 p.m., Saturdays, and 6 a.m.-3 p.m., Sundays.

30 / Monday

Mongolian Barbecue — “Create Your Own Stir Fry” begins at 5 p.m. on Mondays at the SB Nehelani. Create delicious, healthy food that you can customize using a variety of meats, poultry, seafood, vegetables, sauces and spices. Children’s menu is available. Cost is 65 cents for each ounce. Call 655-4466.

December

1 / Tuesday

Mini Baseball Registration — Register keiki born 2011-2013 through Jan. 6, 2016, for the Jan. 21-March 10, 2016 season. Cost is \$20; includes parents and youth receiving a T-shirt. For registration, call 655-5314 (SB/HMR/ WAAF) or 833-5393 (AMR/FS/Camp Smith).

2 / Wednesday

Hangar Grand Opening — The Hangar Entertainment Center will open at the Wheeler Bowling Center at 4 p.m. Experience state-of-the-art equipment, top notch entertainment and gaming systems. Free bowling, giveaways and light refreshments will abound.

FS Soul Food Lunch Buffet — Every last Wednesday of the month at the Hale Ikena enjoy traditional

HOLIDAY PARADE, TONIGHT



WAIKIKI — The Waikiki Holiday Parade commemorates Pearl Harbor by honoring survivors and veterans in memory of the attacks of Dec. 7, 1941. Local Hawaiian bands, marching bands from the mainland, military units, local officials and dignitaries will march down torch-lit Kalakaua Avenue along Waikiki Beach.

The parade is held annually the Friday following Thanksgiving Day and hosts thousands of spectators, residents and visitors alike. It begins at 7 p.m.



Photos courtesy of Gateway Music Festivals

southern-style soul food selections. Cost is \$14.95 per person. Call lunch buffet reservations at 438-1974.

BOSS Meetings — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

- North meetings are held at SB Tropics, every 1st and 3rd Wednesday, at 3 p.m.
- South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month, at 10 a.m.

BOSS is waiting for your call at 655-1130.

3 / Thursday

FS Christmas Tree Lighting — Evening at Palm Circle begins at 5:30 p.m., and features a performance by Army Music Hawaii, appearances by

costumed characters, pictures with Santa, cookies and cocoa.

4 / Friday

Grill Your Own Steak Night — Grill your own steak every 1st and 3rd Friday, from 3-8 p.m., at the FS Hale Ikena on Mulligan’s lanai for \$13.95, or let one of the chefs grill it for an extra \$3. All steaks are served with a baked potato and the chef’s choice of vegetable. Call 438-6715.

5 / Saturday

Paws and Claus — Health and wellness promotion 2-mile walk begins at 8 a.m. at SB Martinez Gym. Participants are encouraged to dress in holiday attire; dogs are welcome, with costume prizes awarded. Call 655-4804.

SKIES Unlimited Winter Recital — Runs 10 a.m.-6 p.m. at the KROC Center, Kapolei, and includes

Hawaii hula, dance and Disney’s “Little Mermaid” performances.

8 / Tuesday

SB Christmas Tree Lighting — Evening at General’s Loop begins at 5:30 p.m., and features a performance by Army Music Hawaii, appearances by costumed characters, pictures with Santa, cookies and cocoa. This event was originally scheduled for Nov. 24.

12 / Saturday

AMR Winter Wonderland — Celebrate the holiday season with crafts, face painting and performances by SKIES performers, 9 a.m.-2 p.m. Begin the day with breakfast with Santa, 8 a.m., but reservations are required at Army Leisure and Travel Services locations. Breakfast ticket prices are adults, \$18; kids, 5-11, \$9; and children under 5 free. Call 655-0002.

Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

29th Islandwide Christmas Crafts & Food Expo — Three-day event at the Blaisdell Exhibition Hall begins Friday at 4 p.m. and is the largest holiday craft expo in the state, featuring more than 400 vendors. Cost is \$4, military admission, with ID.

Waikiki Holiday Parade — Annual parade honors Pearl Harbor survivors; begins 7 p.m. down Kalakaua Ave. (See above photos for additional information.)

28 / Saturday

KoleKole Walking-Hiking Trail — The trail is open, 5:30 a.m.-6:30 p.m., Nov. 28-29. Do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. The trail contains hazards, and use of the hiking trail is at your own risk.

Duke Kahanamoku Walking Tour — To mark the 125th anniversary of the birth of Hawaiian-American swimming legend Duke Kahanamoku, historian Steven Fredrick will host, 11 a.m., “The Duke Kahanamoku Walking Tour,” in Waikiki, on Saturdays through November. The cost is \$40 (\$30 with military ID). Reservations are required. Call 395-0674.

Kuhio Beach Hula Show — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

December

1 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel, 839-4319. Schofield Family Night is held Wednesdays at 5:30 p.m.

4 / Friday
Wahiawa Town Christmas Parade — Sponsored by Wahiawa Community & Business Association, 6-8 p.m., the event is expected to have 300 marchers, 10 vehicles and two floats. It will start at Kaala Elementary School, to California Avenue, to North Cane Street and end at Center Street. Call 348-2238.

Honolulu First Friday — Come to see the main events between 5 and 9 p.m., and stay for the late night party at some of the trendiest, most popular spots in Honolulu every first Friday of every month. Stop by unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment. Visit www.firstfridayhawaii.com.

5 / Saturday

Army Music Hawaii — “Santa’s Holiday Vacation” show will be staged at 2 and 5 p.m. at Hale Koa Hotel’s Ilima Lawn, Dec. 5, featuring live music meshed with jumbotron displayed video and live acting components.

Mayor’s Tree Lighting Ceremony/Parade — Sponsored by the City and County of Honolulu, 6-11

p.m. The event is expected to have 2,000 marchers, 40 floats and 15 vehicles.

It will start at Aala Park to King Street, Koko Head on King Street and end in closed off portion of King Street, between Punchbowl and South streets. Call 768-6622 or email eoi@honolulu.gov.

8 / Tuesday

TAMC Holiday Tree Lighting and Keiki Wonderland — Keiki Wonderland runs 4-7 p.m. at Regiminal Park. Tree lighting activities are 6-7:30 p.m. at the Oceanside entrance of TAMC near the flagpole. Call 433-2809.

Ongoing

Jewish Services — Weekly worship services are held at 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH. Saturday services are available at the Ala Moana Hotel. Call 735-8161. Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Call 624-2585 for movie listings or go to aaes.com under realtime movie listing.

Schofield Barracks’

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A January 2016

reopening

date for movie

viewing

is tentatively

scheduled.

Call Schofield

Exchange at

237-4502/4572.

No shows on Mondays, Tuesdays or Wednesdays.



Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Ilima Intermediate learns Career Day goal-setting

Students take a look into the workplace future

SCHOOL LIAISON OFFICE
Child, Youth and School Services

EWA BEACH — Ilima Intermediate School’s students received a glimpse of their potential futures at the school’s Career Day, Nov. 17. Seventh and eighth grade students heard from 27 guest speakers who covered a wide variety of occupations from chemists to athletic trainer, and they were afforded the chance to ask detailed, first-hand questions about specific work, including the best and worst parts of the job, required training and salary amounts. “It’s been said many times that it takes a village to raise a child, and today’s Career Day is a true testament to our ongoing commitment to each student at Ilima Intermediate,” said Principal Christopher Bonilla. “It was important for our students to hear our guest speakers’ real-life stories about how they used goal setting, learned from mistakes and needed grit to get to

where they are today with their careers. “It is our hope that our students continue to dream big and realize that they are supported by people who care about them, both in and outside of the classroom,” the principal added. Students learned important life lessons about hard work and perseverance and were urged to set goals for themselves. “It’s extremely important to set yourself a goal to finish high school to give yourself the mobility to do more and create more opportunities,” said Brig. Gen. Gary Brito, deputy commanding general, Operations, 25th Infantry Division. “Set your goals, be tenacious and never ever give up in what you want to do.” Guest speakers provided a diverse variety of careers and occupations that included private investigator, biologist, nurse, real estate broker, athletics coach, firefighter, architect, Web designer, police officer, brigadier general and attorney, among many others.



Photo courtesy of the Hawaii Department of Education

Brig. Gen. Gary M. Brito, 25th Infantry Division deputy commanding general-Operations, reminds students that challenges can be overcome with perseverance and a positive attitude.

Holiday

S E R V I C E S

■ The Religious Support Office will hold the following services/events during this holiday season. ■

Catholic

- First Sunday of Advent**
Nov. 28, 5 p.m., at Wheeler Chapel
Nov. 29, 10:30 a.m., at Main Post Chapel, Schofield
- Dec. 2, 6 p.m., Hanging of the Greens, MPC**
- Second Sunday of Advent**
Dec. 6, 5 p.m., at Wheeler Chapel
Dec. 7, 10:30 a.m., at MPC
- Dec. 6, 6 p.m., Advent Reconciliation Service, Alia-manu Military Reservation Chapel**
- Dec. 8, 11:45 a.m., Solemnity of the Immaculate Conception of the Virgin Mary**
Soldier Chapel, 5 p.m., at AMR Chapel
- Dec. 9, Advent Reconciliation Service at MPC Chapel**
1st Confessions for children at 6 p.m., followed by the remainder of the congregation at 6:30 p.m.
- Third Sunday of Advent**
Dec. 12, 5 p.m., at Wheeler Chapel
Dec. 13, 10:30 a.m., at MPC

Fourth Sunday of Advent

Dec. 19, 5 p.m., at Wheeler Chapel
Dec. 20, 10:30 a.m., at MPC

- Dec. 24, 4 p.m., Christmas Family Mass** at MPC, AMR chapels
- Dec. 24, 10 p.m., Christmas Eve Mass** at Wheeler Chapel
- Dec. 25, 10:30 a.m., Christmas Day Mass** at MPC
- Dec. 26/27, Feast of the Holy Family of Jesus, Mary and Joseph**
- Dec. 31, 5 p.m., Vigil Mass for Mary, Mother of God** at AMR Chapel
- Jan. 1, 2016, 11:45 a.m., Mary Mother of God** at Soldiers Chapel, SB
- Jan. 2/3, Epiphany of the Lord**
Jan. 9, 5 p.m., at Wheeler Chapel
Jan. 10, 10:30 a.m., at MPC
- Baptism of the Lord**
Jan. 9, 5 p.m., Wheeler Chapel
Jan. 10, 10:30 a.m., at MPC

Jewish

- Dec. 8, 6 p.m., Menorah Lighting Ceremony** at MPC

Protestant

- Dec 2, 6 p.m., Hanging of the Greens, MPC**
- Dec. 24, 5 p.m., Christmas Eve Service** at Fort DeRussy Chapel
- Dec. 24, 6:30 p.m., Joint Contemporary Christmas Eve Service** at MPC
- Dec. 24, 7 p.m., Christmas Eve Candlelight Service** at AMR Chapel
- Dec. 24, 7 p.m., Christmas Eve Service (Traditional)** at Wheeler Chapel
- Dec. 25, 10 a.m., Aloha Breakfast, Christmas day** at MPC
- Dec. 25, 10 a.m., Aloha Breakfast, Christmas day** at Wheeler Chapel

POSTER CONTEST





Artwork composed by Andrea McNeill, 4th grade, and 3rd Place Elementary School Take a Stand competition winner.

Sexual Harassment Assault Response & Prevention
Hawaii SHARP 24 / 7
Hotline (808) 655-9474

Suicide Prevention
Hawaii Hotline
24-hr Crisis Line: (808) 832-3100
Neighbor Islands: (800) 753-6879

Adolescent Support and Counseling Service
(808) 655-9944

Blessing the year’s bounty recognizes it’s all gravy

We do it every year. We cut out recipes. We make lists. We go to the commissary. We elbow each other out of the way to grab turkeys, cranberries, yams and mini-marshmallows.

We jam enough food into our pantries to feed an Army ... or Navy, as it were.

Why? Because it’s Thanksgiving, of course!

When our guests politely ask, “What can we bring?” we are faced with an interesting dilemma. On one hand, our brains are about to explode over all the details of hosting, so contributions would be nice. But on the other hand, we have envisioned holiday meals using our own family traditions, and what if our guests bring dishes that are weird and unfamiliar?

I experienced this phenomenon 20 years ago, when we lived in base housing at Fort Ord, just outside of Monterey, California. Unable to fly back east to spend the holiday with our relatives, we accepted an invitation to have Thanksgiving dinner at another family’s house down the street.

“What can I bring?” I asked the other wife. “Uh, well, um,” she stuttered, nervously, “I’ll get back to you on that.”

I fancied myself a pretty darned good cook back in those days (before kids turned my brain to mush and our staple food into mac-n-cheese, mind you) and was looking forward to contributing to the meal.

“What? But you’ve got to let me bring something,” I pleaded. “Well, alright then. How ‘bout you bring the frozen corn.”

Frozen corn? Are you kidding me? She wasn’t!

Over the next few days, I hounded the other spouse, offering my delectable Sausage Apple Pecan Cornbread Dressing, my rich Guinness Gravy, my addictive Swiss Onion Bread, my snap-py Waldorf Salad. She resisted, but finally agreed to let me bring a lousy pumpkin pie and a tub of Cool Whip.

I swallowed my disappointment that Thanksgiving – along with her boring stuffing and starchy gravy – and resolved to make what I wanted from then on.



However, year after year, the same dilemma kept cropping up. Whether host or guest, military spouses really don’t like to give up their holiday traditions. But at the same time, we are often in unfamiliar places where we feel the urge to reach out to other military families for companionship during the holidays.

I realized that, unless we want to spend Thanksgiving stubbornly alone with our coveted recipes, we’d better learn to compromise.

If I am a guest at someone else’s house, I won’t turn my nose up at the hostess’ fancy homemade cranberry sauce because I secretly love the canned stuff. I won’t judge my host if he doesn’t brine the bird, and then make passive aggressive comments like, “Could you pass the canned gravy? I think a little breast meat is stuck in my throat.”

I won’t be bitter that I wasn’t able to show off my Pecan Cheesecake with the Gingersnap Crust. Instead, I’ll shut my pumpkin pie hole and gladly eat whatever my host serves.

If I host, I’ll let my guests bring their Tex Mex corn soufflé, even if it clashes with my Ambrosia. I can give up my beloved Swiss Onion Bread, just this once, and let them bring their Gammie’s Poppy Seed Loaf if it makes them feel at home. Who really cares if

my friend has a different take on sweet potatoes; surely, no one has ever died from not eating marshmallows. I’ll survive and probably gain 10 pounds in the process.

Besides, this is the time of year that we’re supposed to think about all the things we’re thankful for, and isn’t that being able to celebrate the holidays with our family and friends? It’s not to be thankful for the Green Bean Casserole with the French-Fried Onions, for Pete’s sake.

Think of it this way: Good friends and family are the meat and potatoes of life. The food? Well, no matter whether it’s canned, powdered or slow-cooked from the drippings, it’s just the gravy.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.the-meatandpotatoesoflife.com.)



Photo by Lisa Smith Molinari

A good gravy, home-made or store-bought, is an essential part of a Thanksgiving meal, but this is a holiday about traditions and family preferences.

Lisa’s “Better Than Yours” Gravy

1. Simmer giblets and turkey neck in a covered two-quart pot of water with quartered onion, chunks of carrot and celery, salt and pepper, while you cook your turkey.
2. Strain. You should have 3 cups of stock; add chicken broth if necessary.
3. Shake one cup of the stock with 3 tbsp. flour in a jar with a lid.
4. When the turkey is done, remove to a platter and pour the drippings into a fat separator.
5. Deglaze the roasting pan by putting it over low heat on the stovetop, adding 1.5 cups water (can also use wine, broth or Guinness).
6. Stir to dissolve the intensely flavorful brown bits left on the bottom.
7. Pour the flour-stock mixture into the pan and stir while simmering 3 minutes.
8. Add the rest of the stock, and the pan drippings (not the fat), and cook over medium high heat for 15 minutes, stirring constantly, until thickened.



Photo courtesy of ThinkStock photos

Take precautions fo fight Dengue fever in Hawaii.

TAMC TIP

Dengue fever



Dengue fever has been making the news in Hawaii. When appropriate, make sure you follow health precautions like wearing long sleeves and pants, using insect repellants and residential screening protection.

Protect yourself and protect Hawaii from dengue fever and “fight the bite.” By knowing how to control mosquito breeding areas and how to protect yourself from being bitten, you can help to prevent the damage these insects can cause. To learn more, visit the state’s website for all the facts: <http://health.hawaii.gov/docd/dib/disease/dengue>, or visit the Department of Health Disease Outbreak Control Division’s Facebook page at <https://www.facebook.com/HI.DOCD/?fref=photo>. Learn more about current cases on the Big Island at <http://health.hawaii.gov/docd/dengue-outbreak-2015/>.

Tie a white ribbon ‘round oak tree

Cigarette smoking still leading cause of cancer death in U.S.

COL. DARLENE HINOJOSA
U.S. Army Public Health Center

November is Lung Cancer Awareness Month.

Lung cancer is the second most common cancer in both men and women and the leading cause of cancer death in the United States. Each year, more people die from lung cancer than from colon, breast and prostate cancers combined. According to the U.S. Centers for Disease Control and Prevention, nearly 90 percent of lung cancer cases are attributed to cigarette smoking. Lung cancer can also be caused by breathing in dangerous, toxic substances (such as radon, asbestos, uranium, arsenic, cadmium, chromium, nickel and some petroleum products) or everyday air pollution. There are steps you can take to prevent lung cancer. Limiting exposure to smoke, radon, hazardous chemicals and air pollution will help protect your lungs. If you smoke, the best thing you can do is to stop smoking, or better yet, never start.

Test your home for radon. If it is present, take steps to get rid of it. Wear personal protective equipment like respirators, if you are exposed to dust or

fumes at work. Help fight air pollution in your community. Even if you were exposed to these substances many years ago, you are still at risk for developing lung cancer. Talk to your doctor if you have ever been exposed to any of these substances.

Learn symptoms
Often people with lung cancer do not display symptoms until the disease is in its later stages. A tumor could be in the lungs without causing pain or discomfort. When symptoms are present, they are different in each person but may include the following:

- A cough that doesn’t go away and gets worse over time.
- A chronic cough or “smoker’s cough.”
- Hoarseness.
- Constant chest pain.
- Shortness of breath or wheezing.
- Frequent lung infections, such as bronchitis or pneumonia.
- Coughing up blood.

See your doctor right away if you notice any of these symptoms. If you think you are at risk for lung cancer, talk to your doctor about being screened. Screening looks for cancer before a person has any symptoms. If a friend or loved one receives a cancer diagnosis, it is important to be supportive. Choose positive and hopeful words, listen and offer hugs. Don’t give people false hope or talk about other people’s cancer outcomes. Do whatever you can to make things easier for them, such as delivering meals,

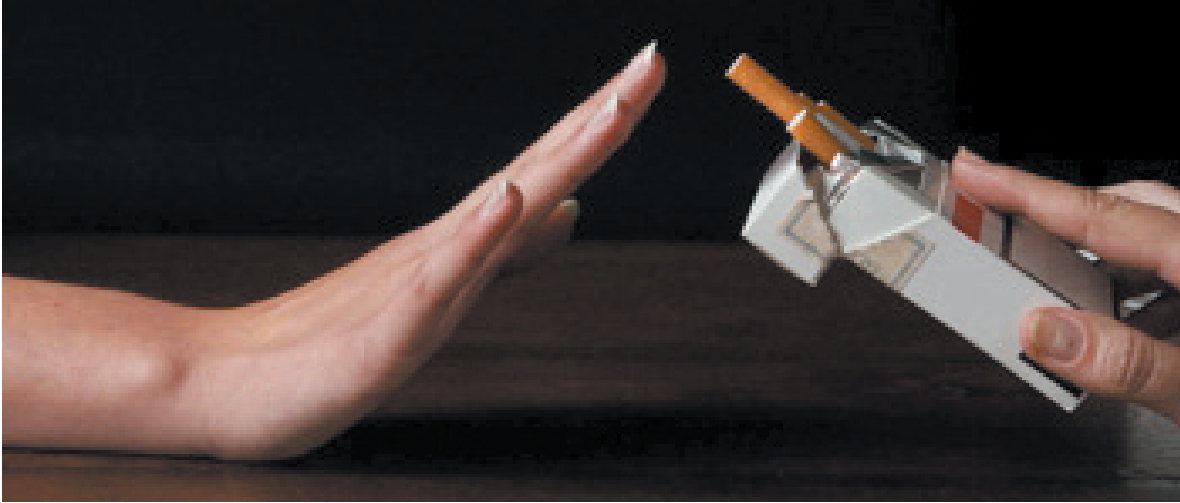

“If you smoke, the best thing you can do is to stop smoking, or better yet, never start.”

driving them to appointments or assisting them with daily chores. Support a friend or family member touched by lung cancer by wearing a white ribbon or tying a white ribbon around an old oak tree or your mailbox during the month of November. The white ribbon is a symbol of hope – hope for better treatment options and outcomes for those living with lung cancer.

More Online

For more information on lung cancer awareness, visit the following sites:

- Lung Cancer Alliance**, www.lungcanceralliance.org/get-involved/help-raise-awareness/lung-cancer-awareness-month.html.
- U.S. Centers for Disease Control and Prevention**, www.cdc.gov/cancer/dcpc/resources/features/LungCancer/index.htm.
- American Lung Association**, www.lung.org/lung-health-and-diseases/lung-disease-lookup/lung-cancer/.
- National Cancer Institute**, www.cancer.gov/types/lung.



Courtesy Photo

Saying no to cigarettes is a step toward preventing lung cancer.